



Breathing secondhand smoke is dangerous for your child. More than 300,000 children suffer each year from infections caused by tobacco smoke, including bronchitis, pneumonia, and ear infections. Over half of all children in the US breathe secondhand smoke at home, in cars, or in public places.

## Diabetes

Smoking makes diabetes harder to control. Smokers with diabetes have higher risks for serious complications, including:

- Heart and kidney disease
- Amputation
- Retinopathy (Blindness)
- Peripheral neuropathy (Nerve damage)



**The health benefits for people with diabetes who stop smoking begin immediately. Diabetics who quit smoking have better control over their blood sugar levels.**

## Quit Now

People who quit do it for their own personal reasons.

What are yours?

- I want more years with my family.
- I want fewer sick days and lost wages.
- I want to be a better role model.
- I am tired of standing outside to smoke.
- I want to spend my money on something else.

*“Each call revved me for the next week and kept me feeling positive about what I was doing”*

*Anonymous from Louisville*

## Quit Now Kentucky

Quit Now Kentucky is available 7 days a week by telephone at **1-800-784-8669** or at [www.QuitNowKentucky.org](http://www.QuitNowKentucky.org). You will receive FREE:

- **Support from an experienced quit coach**
- **A personalized quit plan and self-help materials**
- **The latest information about medications that can help you quit**
- **Text messaging**
- **eCoach mobile app**
- **Social support available online**
- **Proactive email support**
- **Pregnancy/postpartum program**

All cessation services are bilingual. Participants who use Quit Now Kentucky are more likely to succeed than those who try to quit on their own. Take control of your tobacco dependence and Quit Now Kentucky!

Department for Public Health  
Tobacco Prevention and Cessation Program

Telephone: 502-564-9358  
<http://chfs.ky.gov/ktpc>



U.S. Department of Health and Human Services. *A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What it Means to You.* CDC, OSH 2010.

NIDA “Research Report Series: Tobacco Addiction”  
NIH Publication No. 09-4342, June 2009.

## You Can Quit • We Can Help Tobacco Cessation



**1-800-QuitNow (1-800-784-8669)**

**[www.QuitNowKentucky.org](http://www.QuitNowKentucky.org)**

*“I was smoking three packs per day! ...thank you guys for changing my life. When people notice that I’ve quit, I tell them they could do it too and I refer them to 1-800-QuitNow.”*

*Shannon*

**Telephone • Text • Online**  
**Bilingual • It’s Free**

## Poison

Tobacco smoke is a toxic mix of more than 7,000 chemicals. Many are poisons. About 70 can cause cancer. The chemicals in tobacco smoke pose a danger right away, and the more years you smoke, the more you hurt your body.

## Addiction

Nicotine is powerfully addictive. Once inhaled, nicotine races from your lungs to your heart and brain, reaching a peak level within 10 seconds. You experience an adrenaline rush. Your blood pressure and heart rate go up. Just as quickly, the effect dissipates...so you take another puff. If you smoke 1 ½ packs per day, your brain gets about 300 “hits” of nicotine each day.

Addiction to nicotine changes the chemical balance in your brain. This keeps people smoking even when they want to quit. Many teens who try cigarettes don't know how easy it is to become addicted. Nicotine addiction is so powerful that every day about 1,000 teens become daily smokers. Why is this important? *Because most current smokers became addicted as teenagers.*



You can beat addiction to nicotine.

**More than half of all adults who ever smoked have quit.**

## Cancer

Smoking can start your body on a path toward cancer. **Every cigarette increases the risk for cancer.** Smoking can cause cancer almost anywhere in your body.

Within 5 years of quitting, your chance of cancer of the mouth, throat, esophagus, and bladder is cut in half. **If nobody smoked, 1 out of every 3 cancer deaths in the United States would not happen.**



## Circulatory

Almost immediately, cells that line your body's blood vessels react to the poisons in tobacco smoke. Your heart rate and blood pressure go up. Your blood vessels thicken and grow narrower. Smoking is one cause of dangerous plaque buildup inside your arteries. This can trigger chest pain, weakness, heart attack, or stroke. Smoking around others increases *their* risk for heart attack and death. By not smoking, you help protect your family, friends, and coworkers.



Smoking can cause:

- Heart Attack
- Stroke
- Aneurysms

**Your risk for a heart attack drops sharply just 1 year after you quit smoking. After 2 to 5 years, your chance of stroke could fall to about the same as a nonsmoker's.** You will feel better and can be more active when cigarettes are gone from your life.

## Respiratory

Smoking damages your lungs. Years of smoking can damage your lungs so much that they no longer exchange air. Smoking causes chronic obstructive pulmonary disease (COPD). COPD includes the diseases emphysema and chronic bronchitis. Also, pneumonia and respiratory problems are far more common in smokers. For people with asthma, even breathing someone else's smoke can trigger a severe attack. If you quit smoking, you will breathe better. You will cough less than people who continue to smoke. You'll be surprised how much easier it is to be active.



**Even after the age of 65, quitting tobacco can add years to your life. You will breathe better and feel better.**

## Pregnancy and Children

Smoking harms reproduction and reduces a woman's chance of getting pregnant. Pregnant women who smoke are more likely to have babies who die from sudden infant death syndrome, or SIDS. Tobacco smoke damages the tissues of an unborn baby's growing brain and lungs. One in every five babies born to mothers who smoke has low birth weight. Low birth weight is a leading cause of infant death.